



MINDFUL EATING GUIDE TO CHRISTMAS

Christmas Out

1. **BE PREPARED** – make **some batches of soup / one pot meals** for the freezer and to keep hunger levels at bay.
2. **ALCOHOL & HYDRATION** - Try **6-8 small glasses of water** per day.
 - Divide glasses between your morning / afternoon / evening.
 - Take water with you to work and make sure you drink enough so you will not be thirsty that evening
 - The first 1-2 alcoholic drinks can be used to quench thirst before you even get to relax and enjoy them so hydrate before and during to avoid a fuzzy head the next day.
 - Limit punches / cocktails as they are generally full of sugar unless you have prepared some lower sugar varieties
3. **ALCOHOL & MUNCHIES**
 - Over the Christmas period you may be out, meeting friends, having family dinners and alcohol is always going to be present! Make sure you have a **protein-based breakfast / lunch** earlier that day, it balances out blood sugar levels.
 - Depriving yourself of food or **'saving yourself'** for a Christmas feast later actually leaves you more susceptible to cravings & munchies. Combined with alcohol leaves you craving more carbs / fat / sugar-based food for the next 1-2 days and this is what puts on the Christmas weight!
4. **RESTAURANTS / TAKEAWAYS**
 - The lead up to Christmas can be busy having lunches, dinners and **'treating'** yourself to takeaways as the toll of preparation, work, shopping wears you down!
 - **RESEARCH** the MENU ONLINE (usually when not hungry) so you can prepare in your mind and plan what you can have – it keeps you on track and well intentioned in advance



5. **FOOD CHOICES** – fish options are great – choose starter or main / main or dessert – if you want all three courses choose the lighter options – e.g. garlic mushrooms / fish mains / sorbet – Alaska – pavlova – ice cream for dessert.
6. **EAT MINDFULLY** – put the fork down, put the plate down and check in with your satiety level!
7. **PORTION CONTROL** -
8. **START THE DAY AFRESH**– plan your breakfast / lunch (freezer meals perfect here if you are feeling tired / home late etc)
9. **EXERCISE** - **Take** a few minutes of a brisk walk, hydrate and continue with your plan.
10. **NO GUILT FEEL GOOD NO MATTER WHAT** - If you have over indulged, **DON'T FEEL GUILTY** – move on and continue with your plan!

Christmas At Home

1. **SHOPPING LIST** – **Having one it crucial!** Consider previous Christmases and how much you spent and how much food / drinks you didn't need (e.g. 1 tin of sweets / biscuits too many , extra snacks, cakes , puddings made that are left resulting in you overeating or wasting. Make a realistic core list of what you need and stick to it **REMEMBER NEVER SHOP WHILE HUNGRY ESPECIALLY AT CHRISTMAS!**
2. **ENJOYMENT** Eat the foods guilt free that you absolutely adore at Christmas time. Allocate Christmas Eve, Christmas Day, St. Stephens Day, New Year's Eve and New Year's Day as maybe the days when you will enjoy a treat / dessert / dinner / if you are hosting a party / attending a meal / getting a takeaway.
3. **PORTION:** Use smaller plates / bowls for your meals. Use individual dishes or glasses for dessert. Instead of 2 mince pies, have one. Limit the amount of 'seconds', it's a time of year when naturally food is around, and you will be eating more anyway.
4. **NON-FOOD ACTIVITIES** Take some exercise, play some games, watch a movie, family time to avoid overindulging and to distract you from cravings.



5. **BE AWARE** If you find yourself mindlessly eating, ask yourself are you enjoying this food, are you eating that type of food based on memory / nostalgia / tradition?
6. **PERSONAL FESTIVE STASH** Stock up on your own cupboard of healthy snacks to avoid overindulging. E.g. popcorn, nuts, crackers, hummus, nut butter, dark chocolate.
7. **FILL UP ON NUTRITIOUS FOOD** Have a healthy breakfast, healthy lunch and enjoy your evening meal / dessert guilt free.
8. **PARTY FOOD / SNACKING** Limit the amount of processed or ready-made party food. They can be high on empty calories, high in additives, chemical sugars and sodium leading you to feel that 'false hunger' or constant craving if eating similar type foods over a few days. Make your own chicken goujons, make your own dips and prepare healthy snacks. Bulk out on salads to fill out plates and bring more balance!
9. **PREPARATION:** Fridge / Freezer / Presses - It is always useful to have a batch soup prepared / frozen meals for the days in between when you don't feel like cooking and to avoid 'picking' / grazing on Christmas snacks and leftovers. Keep vegetables / salads in the fridge to bulk out your plate. Keep the healthy snacks in the press and keep the festive food out of plain sight so you are not tempted to dip into.
10. **JANUARY: AVOID 'eating everything'** to clear out Christmas as **JANUARY** looms , this will create a healthy signal that you will eat only when hungry and when you need a snack and not because you must hoover up all trace of Christmas and leave it on your waistline or hips. Use your freezer, donate, cook small amounts, have a gathering to use up any excess food. This will leave you in a healthier frame of mind / healthier physically as you enter a **NEW YEAR!**